



GOALS

- Physical Education will develop the WHOLE child in EVERY child.
- The physical education classes will provide a variety of activities which will motivate the students and increase participation.

OBJECTIVES

- The physical education program will allow the students to participate in developmentally appropriate activities.
- The physical education program will develop and reinforce cooperative behavior.
- The physical education program will teach the students to establish lifelong fitness goals.

UNITS IN PE:

Basketball, Volleyball, Floor Hockey, Recreational Games (ping pong, shuffleboard, corn hole, etc...), Cooperative games, Badminton, Fitness Games and Activities.

5th Grade Health Topics

DARE, Nutrition, Conflict resolution, Fitness, Puberty (Parents/Guardians will be notified via Instant Alert)

6th Grade Health Units

Alcohol, Tobacco, Vaping, Drugs (OTC, marijuana, opioids, heroin, fentanyl, prescription drugs)

GRADING IN PHYSICAL EDUCATION

Affective (50%): Participation/Sportsmanship/Effort

Students are expected to dress appropriately and participate everyday

Students who are unprepared will have **5% points taken off their grade**

Students who demonstrate poor sportsmanship or a lack of effort will have up to **5% point deducted for each infraction.**

I sat out in PE worksheet

This worksheet is given to any student that is a behavior issue or safety concern in class. Students will complete the worksheet and have it signed by their parents/guardians.

Cognitive (30%): Knowledge/Common Assessments in PE

Students will have formative assessments throughout the year at the completion of each PE unit, testing their knowledge of the sport.

Psychomotor (20%): Skill acquisition

During each PE unit, students will be assessed through teacher observation, using rubric based grading to measure the skills and knowledge.

GRADING IN HEALTH

- Common Assessments/Unit Test: 50%
 - Students will have formative assessments throughout the year at the completion of each unit.
- Projects: 30%
 - Students will be assessed on various projects throughout the year - Drugs, Nutrition, Fitness
- Class work 20%
 - Journals, worksheets, exit tickets

